

Lunes-Monday

3 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

10 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17 Arroz a Banda
Rice with Seafood
Merluza con Tomate
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

24 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema de Calabacín
Zucchini Cream
Merluza a la Romana
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Crema de Zanahoria
Carrots Cream
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

26 Crema de Verduras
Vegetable Cream
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

27 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables
Pollo al Horno
Baked Chicken
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

7 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Riojana
Hake with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

14 Garbanzos a la Jardinera
Stewed Chickpeas

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

21 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Hamburguesa Adaptada a la Dieta al Horno
Diet Baked Burger
Patatas Fritas
French Fries
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

28 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Lunes-Monday

- 3** Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 10** Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables

Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 17** Arroz a Banda
Rice with Seafood
Merluza con Tomate
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 24** Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

- 4** Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 11** Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 18** Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 25** Crema de Calabacín
Zucchini Cream
Merluza a la Romana
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

- 5** Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 12** Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 19** Crema de Zanahoria
Carrots Cream
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 26** Crema de Verduras
Vegetable Cream
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves-Thursday

- 6** Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Patata Asada
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 13** Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 20** Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 27** Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables
Pollo al Horno
Baked Chicken
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

- 7** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Riojana
Hake with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 14** Garbanzos a la Jardinera
Stewed Chickpeas

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 21** Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Hamburguesa Adaptada a la Dieta al Horno
Diet Baked Burger
Patatas Fritas
French Fries
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 28** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

mediterránea

PAN SIN GLUTEN. FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables

Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz a Banda
Rice with Seafood
Merluza con Tomate
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

24 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Calabacín
Zucchini Cream
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

26 Crema de Verduras
Vegetable Cream
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Pollo Asado
Roasted Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

27 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables
Pollo al Horno
Baked Chicken
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Riojana
Hake with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan
Yogurt and Bread

14 Garbanzos a la Jardinera
Stewed Chickpeas

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Yogur y Pan
Yogurt and Bread

28 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables

Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz a Banda
Rice with Seafood
Merluza con Tomate
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

24 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Calabacín
Zucchini Cream
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

26 Crema de Verduras
Vegetable Cream
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Pollo Asado
Roasted Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

27 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables
Pollo al Horno
Baked Chicken
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Riojana
Hake with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan
Yogurt and Bread

14 Garbanzos a la Jardinera
Stewed Chickpeas

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Yogur y Pan
Yogurt and Bread

28 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Tallarines con Verduras
Pasta with Vegetables

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz a Banda
Rice with Seafood
Merluza con Tomate
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

24 Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema de Calabacín con Queso
Zucchini Cream with Cheese
Merluza a la Romana
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26 Crema de Verduras
Vegetable Cream
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

27 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables
Pollo al Horno
Baked Chicken
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Riojana
Hake with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

14 Garbanzos a la Jardinera
Stewed Chickpeas

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

21 Sopa de Fideos
Noodle Soup
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

28 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes-Monday

3 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Tallarines con Verduras
Pasta with Vegetables
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz a Banda
Rice with Seafood
Merluza con Tomate
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

24 Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Patatas Estofadas con Chorizo
Stewed Potatoes with Chorizo
Varitas de Merluza
Hake Fingers
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Coliflor al Ajillo
Sautéed Cauliflower
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Calabacín con Queso
Zucchini Cream with Cheese
Merluza a la Romana
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream
Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Crema de Zanahoria
Carrots Cream
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

26 Crema de Brócoli y Zanahoria
Broccoli and Carrot Cream
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

6 Brócoli al Gratin
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

27 Sopa de Fideos
Noodle Soup
Pollo al Horno
Baked Chicken
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Riojana
Hake with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan
Yogurt and Bread

14 Sopa de Fideos
Noodle Soup
Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Sopa de Fideos
Noodle Soup
Hamburguesa Adaptada a la Dieta al Horno
Diet Baked Burger
Patatas Fritas
French Fries
Yogur y Pan
Yogurt and Bread

28 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread